



# Thai Red Curry & Sweet Soy Tofu

with Jasmine Rice & Crushed Peanuts

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Jasmine Rice



Garlic



Carrot



Asian Greens



Bamboo Shoots



Sweet Soy Seasoning



Ginger Paste



Mild Thai Red Curry Paste



Coconut Milk



Crushed Peanuts



Firm Tofu

### Keep an eye out...

Due to recent sourcing challenges, we've replaced green beans with Asian greens, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 30-40 mins  
Ready in: 30-40 mins

Plant Based

Enjoy the medley of fragrant flavours in this red curry with a gentle warming heat. The tofu cubes are pan-fried separately so they get lightly golden, adding a delicious contrast against the rich coconut sauce. With ginger bringing an enticing aroma and crushed peanuts for addictive crunch, this is an easy way to enjoy a taste of Thailand at home.

### Pantry items

Olive Oil, Plain Flour, Soy Sauce, Brown Sugar



## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

|                                  | 2 People         | 4 People         |
|----------------------------------|------------------|------------------|
| <b>olive oil*</b>                | refer to method  | refer to method  |
| <b>water*</b><br>(for the rice)  | 1¼ cups          | 2½ cups          |
| jasmine rice                     | 1 packet         | 1 packet         |
| firm tofu                        | ½ packet         | 1 packet         |
| garlic                           | 2 cloves         | 4 cloves         |
| carrot                           | 1                | 2                |
| Asian greens                     | 1 bunch          | 2 bunches        |
| bamboo shoots                    | ½ tin            | 1 tin            |
| sweet soy seasoning              | 1 sachet         | 2 sachets        |
| <b>plain flour*</b>              | 2 tsp            | 4 tsp            |
| ginger paste                     | 1 medium packet  | 1 large packet   |
| mild Thai red curry paste        | ½ tin            | 1 tin            |
| coconut milk                     | 1 tin<br>(165ml) | 1 tin<br>(400ml) |
| <b>soy sauce*</b>                | 2 tsp            | 4 tsp            |
| <b>brown sugar*</b>              | 1 tsp            | 2 tsp            |
| <b>water*</b><br>(for the sauce) | ¼ cup            | ½ cup            |
| crushed peanuts                  | 1 packet         | 2 packets        |

\*Pantry Items

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3442kJ (823Cal) | 659kJ (158Cal) |
| Protein (g)      | 25g             | 4.8g           |
| Fat, total (g)   | 36.4g           | 7g             |
| - saturated (g)  | 16.3g           | 3.1g           |
| Carbohydrate (g) | 96g             | 18.4g          |
| - sugars (g)     | 18g             | 3.4g           |
| Sodium (mg)      | 1590mg          | 304mg          |

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

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## Cook the rice

- Add the **water (for the rice)** to a medium saucepan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove pan from heat and keep covered until rice is tender and the water is absorbed, **10-15 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



## Start the curry

- **SPICY!** The curry paste is hot, use less if you're sensitive to heat.
- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot** until tender, **4-5 minutes**.
- Add **Asian greens, garlic, ginger paste, bamboo shoots** and **mild Thai red curry paste** (see ingredients) and cook until fragrant, **1 minute**.



## Get prepped

- While the rice is cooking, pat **firm tofu** (see ingredients) dry with paper towel, then cut into 1cm cubes. Finely chop **garlic**.
- Thinly slice **carrot** into half-moons. Roughly chop **Asian greens**. Drain and rinse **bamboo shoots** (see ingredients).



## Finish the curry

- Add **coconut milk**, the **soy sauce, brown sugar** and **water (for the sauce)** and simmer until sauce has thickened slightly, **2-3 minutes**.
- Add **tofu** and stir until heated through.



## Cook the tofu

- In a medium bowl, combine **tofu, sweet soy seasoning**, a drizzle of **olive oil** and a pinch of **salt**. Add the **plain flour** and toss to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **tofu**, tossing occasionally, until golden **3-4 minutes**. Transfer to a plate.



## Serve up

- Divide jasmine rice between bowls. Top with Thai red tofu curry. Garnish with **crushed peanuts** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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